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Maine WIC Nutrition Program
SHS 11
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Pregnancy

- _____ Expectant Mothers and Foodborne Illness (.05 each)
- _____ A Healthy Start (.05 each)
- _____ You Can Have A Healthy Baby (for teens) (.05 each)

Breastfeeding and Postpartum Materials

- _____ Breastfeeding, Baby's Best Start (.20 each)
- _____ Breastfeeding Food Guide (.10 each)
- _____ Breastfeeding Guide (Educational Flip Chart) (.30 each)
- _____ Common Questions About Breastfeeding (.15 each)
- _____ How To Breastfeed Your New Baby (.05 each)
- _____ Postpartum Care (.10 each)
- _____ You Can Breastfeed Even If. . . (.05 each)
- _____ Your Life Is Easier When You Breastfeed (.05 each)

Food Guides

- _____ A Healthy Start (prenatal feeding guide) (.05 each)
- _____ Food for Baby's First Year (infant feeding guide) (.05 each)
- _____ Infant Feeding Guide Chart (.05 each)
- _____ Preschool Feeding Guide Chart (.05 each)
- _____ What Should Little Kids Eat (preschool feeding guide) (.05 each)
- _____ Making Your Own Baby Food (.05 each)
- _____ Do You Have A Picky Eater At Home?
- _____ A Parent's Guide to Happier Meal Times (.05 each)

Health Tips

_____ Everybody Is Made to Move (.05 each)

Nutrients/Foods

- _____ Easy and Delicious Ways to Use Beans (.05 each)
- _____ Eat Fiber for Good Health (.05 each)
- _____ Eat Less Fat (.05 each)
- _____ Fast & Easy Fruits & Vegetables for Busy People (.05 each)
- _____ Versatile Vegetables (.05 each)
- _____ Beginner cook recipes for fresh vegetables (.05 each)
- _____ Five-A-Day For Better Health (.05 each)
- _____ Food to Go (.05 each)
- _____ Iron (Adult) (.05 each)
- _____ Milk Recipes (.05 each)
- _____ Vitamin A - The Eyes Have It (.05 each)
- _____ Vitamin C - Every Day (.05 each)
- _____ What to do About Overweight (.05 each)
- _____ Are You Getting Your Folic Acid Every Day? (.05 each)
- _____ Read Food Labels (.05 each)
- _____ Folate For A Healthy Baby & A Healthy You (.05 each)
- _____ Juice - Can Kids Get Too Much of a Good Thing? (.05 each)

Shopping

- _____ Save Money and Eat Well (.05 each)
- _____ Save Money on Food (.05 each)
- _____ Smart Food Shopping (.05 each)

Infant and Child Care

- _____ Bath Time For Baby (.05 each)
- _____ Changing Your Baby to a New Formula (.05 each)
- _____ Constipation (.05 each)
- _____ Exercising With Your Child (.05 each)
- _____ Help Your Child Be Healthy (.05 each)
- _____ Help Your Child Develop Healthy Habits (.05 each)
- _____ Mixing Infant Formula - The Safe Way (.05 each)
- _____ Prevent Baby Bottle Tooth Decay (.05 each)
- _____ Taking Care of Your Baby's Teeth (.05 each)
- _____ Taking Care of Your Child's Mouth (.05 each)
- _____ Toilet Training (.05 each)
- _____ Wash Away Those Germs (.05 each)
- _____ Weaning From Bottle To Cup (.05 each)

Smoking, Alcohol and Drugs

- _____ Please Don't Smoke - Prenatal (.05 each)
- _____ Please Don't Smoke - Passive Smoke (.05 each)
- _____ Pregnant? Drugs and Alcohol Can Hurt Your Unborn Baby (.05 each)
- _____ Even One Drink Is Too Much (.05 each)

Growth Charts

- _____ Boys 0-36 mos. (.05 each)
- _____ Boys 2-18 yrs. (.05 each)
- _____ Girls 0-36 mos. (.05 each)
- _____ Girls 2-18 yrs. (.05 each)
- _____ Prenatal Weight Gain Grid (.10 each)

WIC Program Outreach Materials

There is no charge for WIC brochures, posters and referral materials.
Please specify quantity.

Referral Postcards (25/pad) Qty.

Referral Notepads (50/pad) Qty.

Want Healthy Children? WIC Helps it Happen Qty.

WIC, A Health Program Supporting Families Qty.

The Facts About WIC Qty.

It's a hand, not a hand out - poster Qty.

Feed the Dream - poster Qty.

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